



## Warren County School System Trend Report

The following information is a summary of CSH activities and accomplishments since the formation of CSH in Warren County School System.

### CSH Infrastructure Established

An infrastructure for CSH has been developed for the Warren County School System that includes:

- School Health Advisory Committee
- Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy approved in 2002, physical activity policy approved in 2007, and a school health wellness policy strengthened in 2009
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA includes 2009/2010 USDA Fresh Fruits and Vegetables Grant at \$28,307, 2009/2010 Lowes Grant, \$5,000 for playground equipment, 2008/2009 USDA Fresh Fruit and Vegetable grant at \$33,000, 2008/2009 Lowes grant Tool Box for Education at \$7,500, 2006/2007 \$120,000 CPI Grant, 2008 Tobacco Grant at \$15,000, 2005 CDC Grant \$10,000. a total \$218,807 has been secured for CSH.

Community partnerships have been formed to address school health issues. Current partners include:

- |  |  |
|--|--|
| ➤ UT Extension                                   | ➤ Warren County/McMinnville Civic Center |
| ➤ TNCEP  | ➤ Warren County Sheriff                  |
| ➤ Riverpark Hospital                             | ➤ Families in Crisis                     |
| ➤ McMinnville Parks and Recreation.              | ➤ District Attorney                      |
| ➤ McMinnville VoTech.                            | ➤ Dr Pepper                              |
| ➤ Warren County Health Department                | ➤ The Senior Center                      |
| ➤ Warren County Health Department dental program | ➤ Juvenile Justice                       |
| ➤ Upper Cumberland Regional Health Office        | ➤ Dr Castello                            |
| ➤ Tennessee Tech University                      | ➤ Mindy Harper, FNP                      |
| ➤ Bridgestone                                    | ➤ Homeland Community Bank                |
| ➤ Warren County Health Council                   | ➤ Wal-Mart                               |
|  | ➤ Foster and Foster                      |
|  | ➤ United Steelworkers                    |

## Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including as members of Healthy School Teams- 15, members on School Health Advisory Committee- 45, and assistants at school health fairs- 20. Currently 80 parents are collaborating with CSH in various capacities to address school health issues.

Currently 75 students are partnering with CSH to address school health issues. These students are members of our Teen Health Councils. They promote the Great American Smokeout and perform skits and PSA's on health topics.

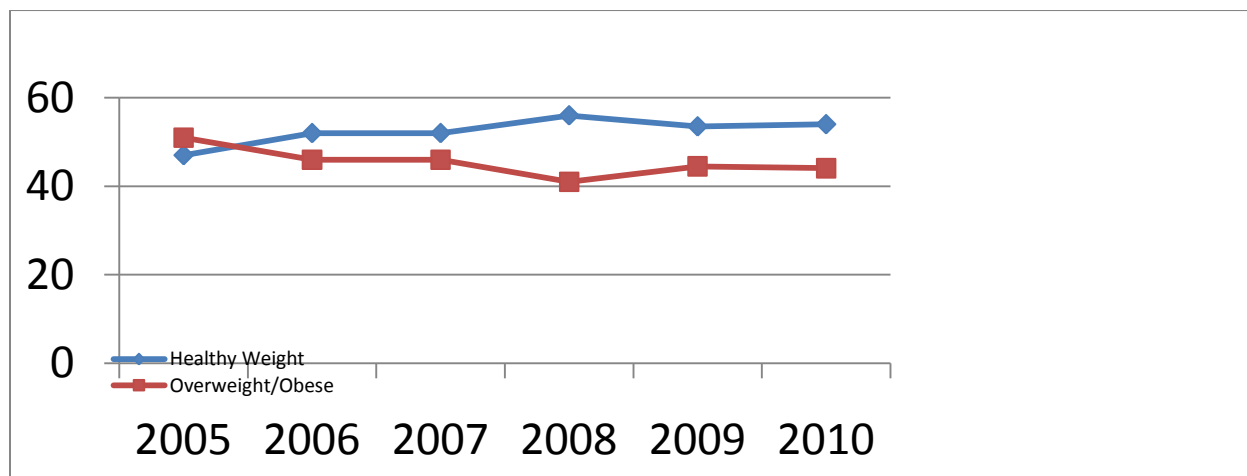
## School Health Interventions

Since CSH has been active in the Warren County School System, the following health interventions have taken place:

Screenings conducted include BMI, vision, hearing, dental, and scoliosis. The combined total of screenings for school year beginning 2005 to school year ending 2010 is 54,932 screenings. Referrals were done on 1,271 of these screenings;

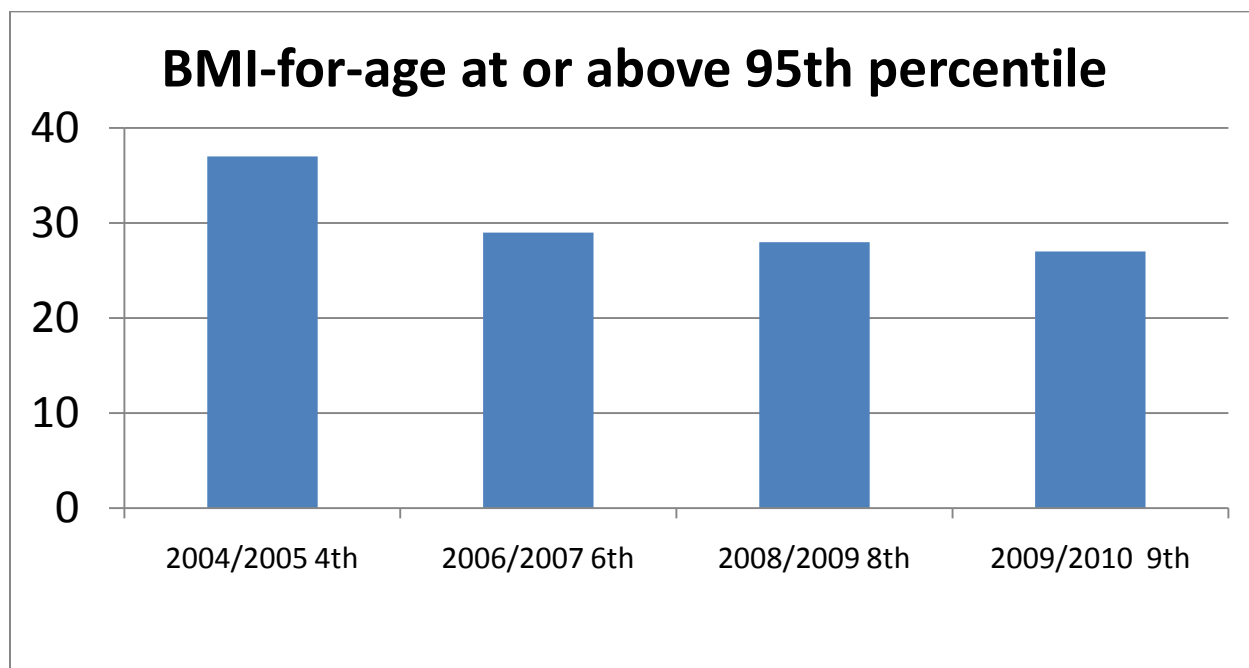
Health Services in 2005 – 21,395 student visits were made to our school nurses and 90% were returned to class. As of April 30, 2011, 42,345 visits to nurses and over 91.5% were returned to class.

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Warren County School System Composite BMI Data 2005-2010- In a comparison of the percentage of students categorized as healthy weight to those categorized in the combined categories of overweight and obese, you can see that from 2005-2010 the percentage of students categorized as healthy weight increased from 47% in 2005 to 54% in 2010. That 7% increase means that for the average number of students screened between 2005-2010, 188 students moved from overweight or obese to healthy weight! The overweight/obese category decreased from 51% to 44%.



Warren County Class of 2013 BMI- For the students in this class, BMI was measured in 4<sup>th</sup>, 6<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> grade. Students measuring in the BMI-for-age at or above the 95<sup>th</sup> percentile were

categorized as obese. The obese category decreased from 37% of students in the 2004-2005 school year to 27% of students in the 2009-2010 school year.



Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include physical education equipment, treadmills for teacher fitness rooms, fruits and vegetables for students and staff, general office supplies, lunches for volunteers who help with screenings and teen health council, T-shirts for teen health councils, two new computers, door prizes for health fairs, and videos for health education classes;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include physical education teachers attend Tennessee Association of Physical Health Education, Recreation, and Dance Conference, physical education teachers attend CSH/Tennessee Technological University co-sponsored physical education/Lifetime Wellness Workshop, CSH coordinator and school health specialist attend Rural Health Association Conference, school health specialist attends Tennessee Public Health Association Annual Conference and Grand Division meeting, created and conducted system-wide health topics in-service providing classroom teachers with a variety of sessions related to children's health and health promotion for staff, and coordinated health services staff in-service including diabetes session by a Registered Dietitian;

School faculty and staff have received support for their own well-being through system-wide health topics in-service providing classroom teachers with a variety of sessions related to children's health and health promotion for staff, staff fitness rooms, CPR and First Aid classes, Step Up to Wellness Program- a partnership between the McMinnville Parks and Recreation Department and the Warren County School System. The program was created to give ALL employees of the Warren County School System a possibility to participate in a wellness program designed to provide a wide variety of wellness resources and opportunities, including access to Civic Center facilities, at a reduced monthly price, eWellness Program – an 8 week session completed with 45 staff members completing weekly logs including fruit and vegetable

intake, physical activity minutes, and servings of water, partnership with UT Extension and the Warren County Health Department. Participating schools received awards luncheon and certificates of participation, and staff members who logged the highest fruit/vegetable intake and staff member who logged the most physical activity minutes received a day off. Pre/post data collected to assess program including weight and blood pressure, health services partnered with Riverpark Hospital to provide flu shots for staff at cost (\$11), hepatitis B vaccine provided to staff at no charge, monthly article on health promotion or disease prevention topic in Teacher Links sent to every teacher, and health services partnered with Riverpark Hospital to provide health screenings and blood work for all staff during system wide in-service day.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – coordinated school health staff and school nurses partner to provide abstinence, HIV prevention, and teen pregnancy prevention classes for every 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> grade student, puberty classes for every 5<sup>th</sup> and 6<sup>th</sup> grade student, handwashing, influenza, and disease prevention classes, dental hygiene classes, Michigan Model for health curriculum provided to SRO and every school counselor, nutrition education program implemented for every 6<sup>th</sup> grade classroom at Warren County Middle School, and Food for Thought program implemented providing lessons to 165 classrooms K-5;
- Physical Education/Physical Activity Interventions – Take 10! curriculum, CSH mini-grant program funded Bobby Ray Memorial Elementary School after school physical education programs (2);
- Nutrition Interventions – USDA Fresh Fruit and Vegetable Grant including nutrition education for every student at grant winning school(s), CSH Fresh Fruit and Vegetable mini-grant at Morrison Elementary, partnership with school nutrition program for education component of Healthier US School Challenge- 2 Silver Award schools;
- Mental Health/Behavioral Health Interventions – Lori Snow and Amanda Jones, Certified Parent Project Trainers and Loving Solutions Parenting Class.

CSH in the Warren County School System has made significant contributions to the well-being of our students and staff, which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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